



DARTMOUTH Guarini School of Graduate and Advanced Studies

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Dear Guarini Community:

As we find ourselves well into Spring term, the pace of life on campus really starts to ramp up. Deadlines loom, midterms are in full-swing, there are ever more events taking place, preparations are underway for the formal end of the academic year, and while our lives feel somehow more vital, at the same time it can be exhausting.

Although our darkest months are behind us, both literally and figuratively, often during the months when the focus has shifted away from Winter toward the brighter days of Spring, mental health struggles can feel more acute.

Because we know good mental health is a year-long effort, during the month of May we will be highlighting resources, events, tips, and strategies to promote mental wellbeing at this busy time and throughout the year. To that end we encourage you to familiarize yourself with the most recent version of the [Resource Guide](#), developed by the Graduate Student Council (GSC), and check out the event listings for May on the [Guarini School website](#), and [also on the linked calendar](#).

The Guarini School will be posting regular mental health check tips on our social platforms and we hope you will all find time to think and talk about what *you* need for healthy mental well-being. We encourage you to practice self-care – take walks, bake cakes, exercise, or even just take five minutes outside with a cup of your favorite drink to enjoy the air – and if you don't have a self-care routine, think about developing one this month that will carry you throughout the year. I will be encouraging our faculty mentors to be receptive to giving you time off, and I encourage you to speak with them about your state of mind (and perhaps theirs) and taking a long weekend to focus on you and your happiness.

Also, while COVID has kept us isolated over the past year and half, as we get vaccinated and as restrictions lift, we can now more easily seek out the company and support of others. We have faced unprecedented difficulties on a global scale, and I expect we have more in common now than we did two years ago. It is important to connect with our community, support each other, and share our hopes and fears.

On campus, there are a range of programs, services, and individuals who are all available to support good mental health, in addition to those listed in the [Resource Guide](#), and they are listed on our Guarini website [HERE](#).

Finally, we know this past year has been incredibly tough for all of us and feel it is important to acknowledge all we have come through. We continue to strive for a healthy, strong, supportive community every month of the year and we appreciate the efforts of each of you in speaking with kindness of heart and openness of mind.

From all of us at Guarini, here's to our good mental health!

A handwritten signature in black ink, appearing to read "F. Jon Kull". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

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